

Fresh Greens with Grilled Chicken, Oranges, Almonds & Ginger-Soy Vinaigrette

Ingredients

Vinaigrette:

- 1 Tblsp finely chopped shallots
- 2 Tblsp rice vinegar
- 1 Tblsp soy sauce
- 1 Tblsp peanut oil
- 1 Tblsp freshly grated ginger root
- salt to taste

Grilled chicken:

4 skinless
boneless chicken breasts
2 tsp olive oil

Greens:

8 cups romaine lettuce washed and torn into bit-sized pieces
1 cup canned mandarin orange sections, drained
1/4 cup thinly sliced almonds

Preparing the vinaigrette:

Place the shallots, vinegar & soy sauce in a small mixing bowl & whisk to combine. Continue whisking & slowly add the peanut oil & ginger. Season to taste with salt & pepper.

Cooking the chicken:

Preheat the grill to medium-high. Brush the chicken breasts with olive oil & season with salt & pepper. Grill the chicken on both sides until it is cooked through, about 4-6 minutes per side depending on the thickness of the breasts. Transfer the chicken to a cutting board to cool.

Preparing the salad:

Slice the chicken breasts into strips & place them in a mixing bowl. Add the oranges and 1/2 of the ginger-soy vinaigrette. Place the romaine lettuce in a separate bowl & toss it with the remaining vinaigrette. Arrange the chicken & oranges on top. Garnish with the almonds.

Serves 4.

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